



2016

# SALINA PARKS & RECREATION THERAPEUTIC RECREATION PROGRAM NEWS & VIEWS



## River Walking \$8/\$16 for both classes Tues., Aug. 2, & 16

Enjoy walking in the coolness of the water at Kenwood Cove! Pick-ups begin at 6:15 pm. Please have your swimsuit on when we arrive to pick you up!! River Walking is from 7:15-8:15 pm. Participants will still receive Mileage Club "Toe Tokens" and get credit for the time spent river walking. No swimming allowed!!

## So You Think You Can Dance? \$8/\$16 Mon., Aug. 8 & 22

Do you love music? Do you like to dance? Need a little exercise? Let Morgan & Megan teach you some fun dance moves! Pick-ups start at 4:30 and the class runs from 5:30-6:30 pm at Friendship Center.

## Bowling I & II \$7/\$12 per session Wed., Aug. 10 & 24

You may bowl two games each session. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

## Cooking Class Non-Accessible \$8/\$13 Limit 8 Fri., Aug. 12

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will

help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

## Afternoon Movie \$10/\$15 \$20/25 w/snack included Mon., Aug. 15

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:45 pm. When we get to the mall, you'll choose a movie to watch. **\*\*We are now offering the option of pre-paying for your snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. However, you may still sign up as usual and purchase your own snacks at the theater if you prefer.**

## Healthy Cooking Accessible \$8/\$13 Limit 10 Wed., Aug. 17

Mostly reserved for participants with mobility issues, this class will be held from 3:00-4:30 pm in the K-State Extension Kitchen at the city/county building, 300 W. Ash St., room 109. Participants will help prepare a dish to take home, and help clean up after the lesson. You may only attend one cooking class to give everyone a chance to attend.

## Music Therapy \$5/\$10 Fri., Aug. 25

It's music and dancing and instruments, and more!! Come and join us as Debbie Temple

leads this fun class! Pick-ups begin at 2:00 pm and this class is from 3:00-4:00 pm at Carver Center.

## Dinner & A Show \$85 Sat., Aug. 27

Beat the heat underground! Enjoy an interactive dinner theatre at the Stratata Salt Mines in Hutchinson. Cost includes transportation, catered meal, and the show, Who Killed the 80's. Pick-ups begin at 3:30 pm. We'll depart Salina at 4:30 and the dinner and show is from 6:00-10:00 pm. We will arrive back in Salina at approximately 11:00 pm and drop-offs will follow. **\*NOTE\* You must show your current I.D. at the door. If you don't have one when the bus arrives to pick you up, you may not attend!!!!**

## Wet Your Whistle \$6/\$11 Mon., Aug. 29

Beat the heat with a cool treat! We'll meet at Spangles on S. Ninth for our treat this month! Pick-ups begin at 2:00 pm. We'll enjoy some ice cream, or a drink and some social interaction from 3:00-4:00 pm. You may bring extra money if you wish to purchase any food.

## Art Class \$6/\$11 Wed., Aug. 31

Join us at Carver Center from 3:00-4:00 pm. We will make sponge water bombs and maybe even try them out!! Pick-ups begin at 2:00 pm.



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